

Fish for Dinner!

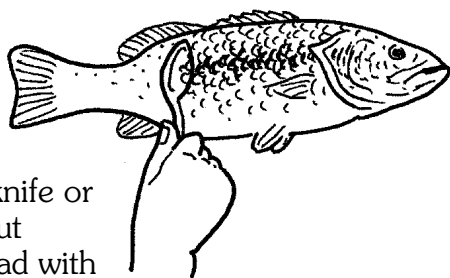
It's fun to learn to clean and cook your fish. Ask an adult for help and be careful with the knife. Keep cleaned fish ice-cold.

Scaling

For most fish, you'll want to remove the scales if they are not skinned.

To scale fish:

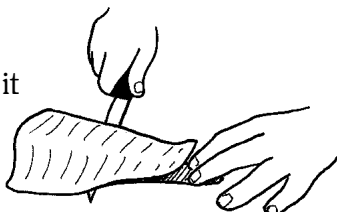
Hold the fish by its tail and scrape from tail to head with a fish scaler, butter knife or tablespoon. Cut around the head with a sharp knife.



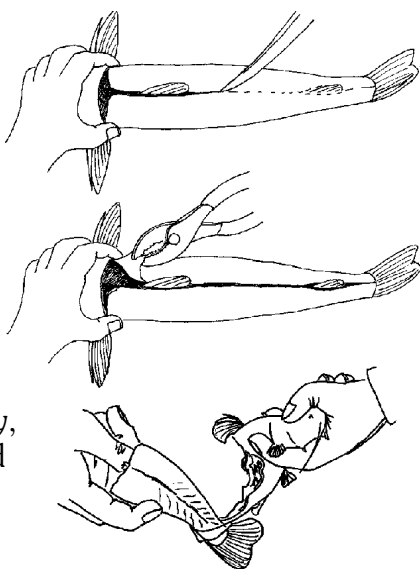
Remove the head and insides.

Skinning

Skin a fillet by placing it skin-side down on the cutting board. Start at the tail and keep a tight grip on the skin. With the knife at an angle, saw the flesh off the skin.



Catfish and bullhead have tough skins and you need a pliers to pull it off. First, cut around the head with a sharp knife, then pull the skin back with the pliers. Finally, remove the head and insides.



Filleting

Always cut away from yourself.

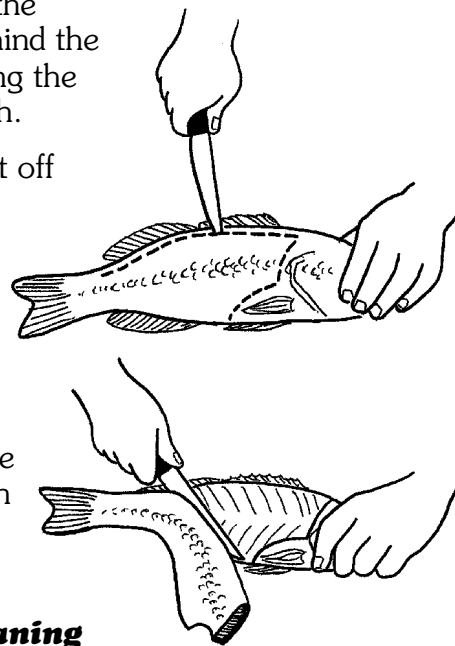
To make boneless fillets:

Cut down to the backbone behind the head and along the side of the fish.

Slice the meat off the bones.

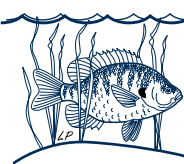
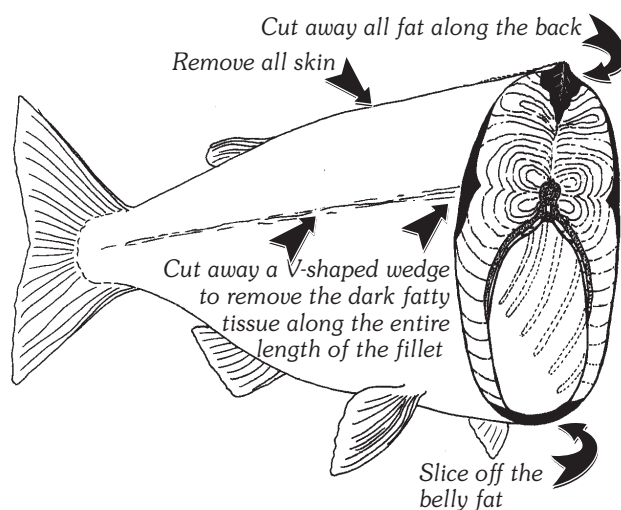
Turn the fish over and repeat.

The cheek meat just behind the eye is a delicacy in some households.

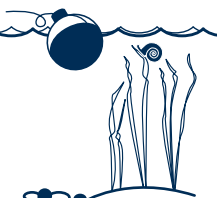


Proper Cleaning

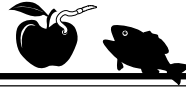
Trimming fat reduces your intake of PCBs which accumulates in fatty tissue. Mercury accumulates in muscle tissue - the part you eat, so limit your consumption. See next page for more details on mercury and PCBs.



Broiled fish is a healthy, low-calorie meal choice. A 3.5-ounce serving of northern pike is just 88 calories. There is also evidence that natural fish oil is good for the heart. Just go easy on the tartar sauce and drawn butter.



Fish for Dinner!- Teacher's notes



Objective

Learn that fish is a healthy food choice when properly prepared.

Life Skills

Choices

Teamwork

WI Academic Standards

Social Studies: E.*4.2, *4.4, 8.2, 8.3.

Family & Consumer Education: A.1, A.2.

Vocabulary

Filet

Getting Started

Ask anglers if they eat fish at home. How do they obtain the fish? Do they know where it comes from? How do their families prepare it? Encourage anglers to bring in family recipes.

Hands On

Adult leaders demonstrate cleaning and preparation, step by step. Teens can give cleaning a try with close supervision. Younger anglers can help with scaling and flouring or breading.

Materials

Filet knife and pliers.

Ask volunteers to bring shore lunch supplies:

Flour seasoned with salt and pepper

Camp stove (two-burner, preferred)

Plastic bowl or bag for flouring fish

Small paper plates

Cooking oil

Forks (optional, fingers are fine for tasting)

Paper towel

Frying pan (two)

Fuel and matches

Duration

60 - 90 minutes for demonstration, cooking, eating and cleanup.

